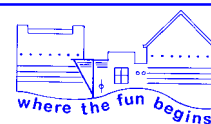


YOUR GUIDE TO WINTER FUN



SEATAC PARKS AND RECREATION DEPARTMENT

North SeaTac Park Community Center • 13735 24th Ave. S., SeaTac, WA 98168
206.973.4680/TDD: 206.973.4808



IN THIS ISSUE

Field/Facility Rental Information, Activity Fees	3
Special Events	4-5
Preschool Programs	6
Youth Recreation Programs	7-8
Youth Sports Contacts	8
Youth Camps	9
Teen Programs	10-11
Teen Program Photos	12-13
Fitness/Weight Room	14
Adult Fitness & Sports	15
Adult Dance	16
Adult Recreation & Self Improvement	17
Senior Programs	18-20
Senior Trips	21-23
Gym Schedule	24
Parks & Program Facilities Map	25
How to Register	26
Registration Form	27

NORTH SEATAC PARK COMMUNITY CENTER HOURS

Monday-Thursday	8 a.m.-10 p.m.
Friday	8 a.m.-7 p.m.
Saturday & Sunday	Closed

Holiday Closures:

December 25	Christmas Day
January 1	New Year's Day
January 19	Martin Luther King Jr. Day
February 16	President's Day

Special Holiday Hours:

December 24, Christmas Eve	Close at 5 p.m.
----------------------------------	-----------------

Cover Photo	Staff
Brochure Layout	Gwen Osaki

SEATAC CITY COUNCIL

Mayor: Joe Brennan

Deputy Mayor: Don DeHan

Councilmembers: Gene Fisher
Chris Wythe
Terry Anderson
Frank Hansen
Ralph Shape

City Manager: Bruce Rayburn

PARKS DEPARTMENT STAFF

Parks and Recreation Director: Kit Ledbetter

Assistant Parks & Recreation Director: Lawrence Ellis

Administrative Assistant: Gwen Osaki

Recreation Coordinators:
Vicki Allgood Marlon Olson Brian Tomisser

Senior Services Coordinator: Kathleen Cummings

Recreation Program Specialists:
Rocky Kirwin Nicole Sanchez

Recreation Attendants:
Octave Morgan Ben Shadlow NeSha Thomas

Parks Operations Supervisor: Curt Brees

Parks Operations Leads:
Rob Wash Roger Chouinard

Parks Operations Workers:
Clemens Barrabas Doug Allen Jay White
Pat Sweeney

HIGHLINE SCHOOL DISTRICT

Thank you to Highline School District for allowing us to distribute materials to the schools and for the use of facilities.

Hold Harmless Statement

In consideration for the privilege to distribute these materials, the Highline School District shall be held harmless from any cause of action, claim or petition filed in any court or administrative tribunal arising out of the distribution of these materials, including all costs, attorney's fees and judgements or awards.

RENTAL AND ACTIVITY FEES

ATHLETIC FIELD & SHELTER RENTALS

For information regarding picnic shelter rentals, athletic field rentals or field maintenance problems, call the Parks & Recreation Department at 206.973.4680.

Rain Out Line: To obtain field condition status call 206.973.4679.

ATHLETIC FIELD FEES

(Fee increase effective January 1, 2004.)

Field Fees listed below are for the following parks:
Valley Ridge Park and Sunset Park

Call 206.973.4680 for fees for North SeaTac Park.

YOUTH FEES

Application Fee	\$5
Baseball Practice	\$4/hour
Baseball Game	\$7.50/hour
Soccer Practice	\$4/hour
Soccer Game	\$7.50/hour
Lights	\$12/hour

ADULT FEES

Application Fee	\$5
Softball Practice	\$12/hour
Softball Game	\$23/hour
Soccer Practice	\$12/hour
Soccer Game	\$23/hour
Lights	\$12/hour

TOURNAMENT FEES (North SeaTac Park only)

YOUTH FEES

Application Fee	\$5
Weekend (Saturday & Sunday)	\$500
One day	\$400

ADULT FEES

Application Fee	\$5
Weekend (Saturday & Sunday)	\$600
One day	\$500

PICNIC SHELTERS

North SeaTac Park & Angle Lake Park

Application Fee	\$5
Resident Fee	\$40
Non-Resident	\$45

STAGE

Angle Lake Park

Application Fee	\$5
Resident Fee	\$40
Non-Resident	\$45

DROP-IN ACTIVITY FEES

Activity	Adult	Senior ¹
Drop-In Aerobics	\$5.50	n/a
Open Badminton	\$2.50	\$1.50
Open Basketball	\$3.00	\$1.50
Open Pickleball	\$2.50	\$1.50
Weight Room ^{2, 3, 4}	\$3.50	\$1.50
Weight Room (monthly pass) ^{2, 3, 4}	\$25	\$20
Shower only ⁵ (towels not provided)	\$1.50	\$1.50
Tot-Lot Indoor Play Time	\$1.50/child	

¹ Senior citizen must be at least 55 years old.

² Anyone interested in a weight room orientation should contact Community Center staff.

³ Participants for the weight/cardiovascular room must be at least 16 years of age.

⁴ Weight room is closed to the public during the weight training classes. Contact the recreation office for class schedule.

⁵ Shower charge only if not participating in activity.

FACILITY RENTALS

NORTH SEATAC PARK COMMUNITY CENTER

Arts & Crafts Room	(maximum occupancy: 29)
Banquet/Performance Room	(maximum occupancy 120)
Gymnasium	(maximum occupancy: 436)
Multi-Purpose Room	(maximum occupancy: 20)

VALLEY RIDGE PARK COMMUNITY CENTER

Multi-Purpose Hall	(maximum occupancy 60/100*)
--------------------------	-----------------------------

* Indicates without seating.

For facility rental information and fees please call the North SeaTac Park Community Center at 206.973.4680 or visit our website at www.ci.seatac.wa.us.

SPECIAL EVENTS

Youth Art Exhibit

February 3-21, 2004

**North SeaTac Park Community Center
13735 24th Avenue South, SeaTac**

The City of SeaTac is sponsoring the annual Youth Art Exhibit. The exhibit is geared towards students currently attending Tyee High School, Seattle Christian and Christian Faith Center High Schools.

No fee is required to enter. Selected winners will receive a plaque and certificate presented by the Mayor.

Please contact your art instructor or call 206.973.4680 for additional information or an entry form.

2003 Youth Art Winners - From left to right: Charissa Bruhm, Andrew Hunt, Mayor Joe Brennan, Marissa Nuez, Ann Proctor (Teacher @ Seattle Christian), David Kononen

Art pieces will be judged on:

Creativity · **Originality** · *Artistic Ability*

Exhibit will be available for viewing during regular community center hours.

Upcoming Events

Egg Hunt (Angle Lake Park) - April 10

Photo Exhibit - May 3-21

International Festival - June 25-27

New!

Daddy Daughter Dinner Dance

Saturday, February 7 • 5:30-8 p.m.

Ages: 7 and up

\$30 per couple, \$10 per additional child

North SeaTac Park Community Center

Treat your little girl to an evening with the special man in her life, Dad! You both will have a good time with dancing, dinner and entertainment. Tickets must be purchased by February 4th and space is limited. Tickets go on sale Monday, January 5th and may be purchased at the North SeaTac Park Community Center. Please bring a camera for pictures.



PRESCHOOL PROGRAMS

ABC...123 Preschool

Winter registration is open at the North SeaTac Park Community Center.

Your child will develop through exploration of play, socialization and education as we prepare them for kindergarten. Maximum of 22 students per class per month.

Monthly registration sessions are on a first come first serve basis. Classes and closures will follow the Highline School District calendar.

Location: Valley Ridge Community Center

Class #	Month	Ages	Days	Time	Fee
3647	Jan.	4-5	M/W/F	9-11:30 a.m.	\$127
3653	Jan.	3-4	T/TH	9-11:30 a.m.	\$78
3648	Feb.	4-5	M/W/F	9-11:30 a.m.	\$106
3654	Feb.	3-4	T/TH	9-11:30 a.m.	\$68
3649	Mar.	4-5	M/W/F	9-11:30 a.m.	\$138
3655	Mar.	3-4	T/TH	9-11:30 a.m.	\$88
3650	Apr.	4-5	M/W/F	9-11:30 a.m.	\$106
3656	Apr.	3-4	T/TH	9-11:30 a.m.	\$68
3651	May.	4-5	M/W/F	9-11:30 a.m.	\$117
3657	May.	3-4	T/TH	9-11:30 a.m.	\$78
3652	June	4-5	M/W/F	9-11:30 a.m.	\$64
3658	June	3-4	T/TH	9-11:30 a.m.	\$49

PRESCHOOL DANCE

This tiny-tots class is taught with the young child in mind. We learn through play, and put an emphasis on fun! Both jazz & ballet are introduced in this program that is perfect for the little dancer in your family. Monday classes are held at Normandy Park Studio and include tap dancing and use mirrors and ballet barres.

PERFORMANCE CLASS

Instructor: Miss Melanie

Location: Normandy Park Studio
(Includes tap dancing w/ mirrors & ballet barres)

Class #	Ages	Day	Dates	Time	Fee
3709	3-5	M	Jan. 5-Mar. 29*	10-10:45 a.m.	\$86

*No class February 16.

NON-PERFORMANCE CLASS

Instructor: Miss Melanie

Location: Community Center, Room 105

Class #	Ages	Day	Dates	Time	Fee
3710	3-5	T	Jan. 6-Mar. 30*	3:30-4 p.m.	\$62

PERFORMANCE CLASS

Class #	Ages	Day	Dates	Time	Fee
3711	3-5	T	Jan. 6-Mar. 30*	4-4:30 p.m.	\$67
3712	3-5	T	Jan. 6-Mar. 30*	4:30-5 p.m.	\$67

*No class February 17.

TOT-LOT INDOOR PLAY

TIME

Bring your child to the Community Center for socialization, fun and entertainment. They can play in the gym with the riding toys, balls, mats and climbing toys. No registration is required and Friday is popcorn day!

Location: NSP Community Center

Ages: 5 & under with adult

Date: Ongoing

Fee: \$1.50/child

Family Session:

M/W/F, 9:45-11:45 a.m.

*No Tot-Lot time January 19 or February 16.

LITTLE KICKERS

BOYS & GIRLS, AGES 3-5

Emphasis in this sports program is on fun, agility, skill development, sportsmanship and teamwork. In this class, children learn the fundamental skills involved in soccer. Instructors will teach and review the techniques of offensive and defensive soccer drills according to each little kicker's skill level in the following areas: dribbling, passing, ball control, throw-ins, and of course goal shooting! Classes include some drills and teaching in addition to free playtime. Sessions are held in our indoor climate controlled facility keeping your little kickers active and warm during the winter months. Maximum of 12 participants per class.

Instructor: Trevor Drinen

SESSION I

Day: Monday

Fee: \$20

Class #	Ages	Dates	Time
3727	3-4	Jan. 12-Feb. 9	12:30-1:10 p.m.
3728	4-5	Jan. 12-Feb. 9	1:20-2 p.m.

*No class on January 19

SESSION II

Day: Monday

Fee: \$25

Class #	Ages	Dates	Time
3729	3-4	Feb. 23-Mar. 22	12:30-1:10 p.m.
3730	4-5	Feb. 23-Mar. 22	1:20-2 p.m.

YOUTH RECREATION

DANCE INSTRUCTORS

Miss Melanie – Director of Melanie's Dancers, Ltd. Studio, 24 years teaching experience, Competitive Dance Team Coach, Award-Winning Choreographer

Teacher Kim – Lead Instructor, Competition Dancer, Choreographed for Mini SeaGals, Encore Dance Scholarship Award, Accomplished Gymnast, 9 years as Assistant & Instructor, performed in L.A. & Vegas, National Tour with Dance Caravan as a Caravan Kid

Teacher Janessa – Competition Dancer, Honor Student, Encore Dance Scholarship Winner, Student of the Year, 5 years as an assistant instructor

Hip-Hop for Kids

Seen MTV? We'll dance your socks off! A dance class for today's youth...totally cool, totally new! Learn the latest in Hip-Hop and LA Funk as well as basic jazz technique, turns and floor work. No experience necessary. Sign up with a friend or meet new friends and have a great time. Gals wear stretch capris or cut-off sweats, leotards or tight-fitting solid t-shirts and socks. Guys wear sweats, t-shirts and socks.

Instructor: Teacher Kim

Location: Community Center, Room 105

<u>Class #</u>	<u>Ages</u>	<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
3716	7-11	T	Jan. 6-Mar. 30*	7:15-8 p.m.	\$86

*No class February 17.

DANCE CLASSES FOR YOUTH

Need an activity for your energetic child? Look no further. Now is the best time to begin and to continue dance lessons. Our classes lend themselves to better learning without the need for big shows or costly outfits. We will put on a mini-show in June for families right at the SeaTac facility. Not into shows? No problem. We also offer non-performance classes for families wishing for dance instruction only.

We offer the *Potpourri* Class teaching both ballet and jazz in all our classes to give students the opportunity to explore two types of dance in a nurturing environment. Fun weekly classes are available for both the beginning and the continuing student. Bring out the diva in your child!

Dance Attire:

Girls: Leotard, light colored tights, pink ballet shoes, and ponytails/buns
Boys: White fitted t-shirt, solid color bike shorts, and black ballet shoes

LEVEL 1 POTPOURRI

These classes are designed for the beginning dancer who wants to be introduced to the world of dance in an easy- learning environment. We focus on self-esteem as well as grace, posture and beginning body technique.

Instructor: Miss Melanie

Location: Community Center, Room 105

PERFORMANCE CLASS

<u>Class #</u>	<u>Ages</u>	<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
3713	5-8	T	Jan. 6-Mar. 30*	5-5:45 p.m.	\$86

NON-PERFORMANCE CLASS

<u>Class #</u>	<u>Ages</u>	<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
3714	5-8	T	Jan. 6-Mar. 30*	5:45-6:30 p.m.	\$81

*No class February 17.

LEVEL 2 POTPOURRI

This class is the continuation of the Level 1 class, designed for the continuing dancer who has had some prior dance training and/or for children who are old enough to pick up new things with some ease. Emphasis is on improving existing technique through personal motivation as well as learning the latest dance steps.

PERFORMANCE CLASS

<u>Class #</u>	<u>Ages</u>	<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
3715	6-10	T	Jan. 6-Mar. 30*	6:30-7:15 p.m.	\$86

*No class February 17.

Satisfaction

Guaranteed

See our policy on Page 26.

YOUTH RECREATION

PRIVATE PIANO LESSONS

Kevin Johnson has over a decade of experience teaching. A well-know musician in the Seattle area, he has worked with Seattle Opera, Seattle Symphony and Chorale, Pacific Northwest Chamber Chorus among many other musical organizations.

Individual, 30 minute lessons catered to each student's level. Lessons will emphasize musical theory, physical technique and different styles (classically based, but also including jazz and ethnic music.) Each week, students will be assigned pieces to play and practice at home. All are welcome to sign up, from beginners to advanced, both children and adults. Instruction times are to be arranged with the instructor, generally Wednesday and Thursday afternoons.

Instructor: Kevin Johnson

Location: Community Center, Room 105

<u>Class #</u>	<u>Ages</u>	<u>Day</u>	<u>Dates (Classes)</u>	<u>Time</u>	<u>Fee</u>
3731	6+	TBD	Jan.-Mar. (10)	TBD	\$150

CHINESE MARTIAL ARTS FOR YOUTH

Structured, fun, and challenging classes offering traditional Chinese martial arts for beginners and experienced students alike. Yiliquan, "One Principle Fist" is a composite martial art, systematically teaching styles of Shaolin, XingYi, TaiJi, and BaGua in progressive stages as part of class curriculum. Emphasizing self-discipline and standardized progression for each student, practical techniques for self-protection and strategies for peacefully resolving non-physical confrontations, the Primary Principle of Yiliquan is to find and maintain one's center. Extra fees may include uniform costs, and a \$25 annual Yili Association fee for students that intend to progress through levels of certified ranking. Adults interested in this type of instruction should call the community center or drop in to class to talk to an instructor.



Instructors: Dennis Mace, Mark Hachey, and Matt Stone

Location: Community Center, Room 105

<u>Class #</u>	<u>Ages</u>	<u>Day</u>	<u>Dates (Classes)</u>	<u>Time</u>	<u>Fee</u>
3691	7-17	Th	Jan. 8-29 (4)	6:30-7:30 p.m.	\$24
3692	7-17	Th	Feb. 5-26 (4)	6:30-7:30 p.m.	\$24
3693	7-17	Th	Mar. 4-25 (4)	6:30-7:30 p.m.	\$24

YOUTH SPORTING GROUP CONTACTS:

South Highline American Little League
Shawna Williams – 206.246.9468

SeaTac Soccer Club
Information Line – 206.242.9490

South Highline National Little League
Shelley Guidos – 206.248.5319

Brewer Baseball
Aaron Horrocks – 253.850.0548

Burien Bearcat Football Club
John Howard – 206.242.5766

Des Moines Football Club
Information Line – 206.878.3543

SeaTac Junior Football
Tim Roberts – 206.592.0884

YOUTH CAMPS

Winter Break Camp

December 29-January 2*

If your kids are out of school but you still have to work, we have a fun solution for you. Let your kids experience the excitement of our Winter Break Camp. They will have daily activities, crafts, snacks and good safe supervised fun! We'll also go on weekly field trips to fun places and have a lot of crafts and games planned. Please register on or before December 17 to guarantee a spot. Minimum of 10 kids.

Location: NSP Community Center

Class #: 3572

Ages: 5-12

Day: Monday-Friday*

Time: 9 a.m.-4 p.m.

Extended hours available from 6 a.m.-6 p.m. for an additional fee.

Fee: \$80

*No camp on January 1, 2004.

BEFORE & AFTER SCHOOL PROGRAMS

This Fall our Camps Program will continue to provide high quality care at an affordable hourly rate. Regardless of the program you enroll your child in, (before school, after school, early dismissal or no school days), the hourly rate will remain the same. Classes and closures will follow the Highline School District calendar.

Parents can purchase a number of hours and utilize them for any component of the youth camp programs. There is no expiration date so your child can participate in the program until your hours run out.

Hourly rate is \$3.00. Minimum of 2 hours of use per day on regular days, 3 hour minimum on early release days and 6 hour minimum on no-school days. Please contact the Parks and Recreation Department at 206.973.4680 for more information.

PUNCH CARD

20 hours \$60

Location: North SeaTac Park Community Center

Serving: Bow Lake, Madrona, McMicken Heights, Valley View, Hilltop, Sunnydale, Seattle Christian Elementary Schools and Cedarhurst and Hazel Valley Elementary are all available with the transportation fee. Southern Heights and Beverly Park at Glendale are available for before school only.

Annual Youth Camp registration fee for 2004 is due January 2, 2004.

Winter 2004 C.A.M.P.S. calendar is available at the front desk.

MID WINTER BREAK

February 13, 16 & 17

Following the Highline School District calendar, Mid-Winter Break is only 3 days....so it makes sense to us to have Mid-Winter Break the same three days. In the short amount of time we will have a field trip, crafts, daily activities, snacks and supervised fun. Register today...without delay!

Location: NSP Community Center

Class #: 3598

Ages: 5-12

Day: Friday, Monday & Tuesday

Time: 9 a.m.-4 p.m.

Extended hours available from 6 a.m.-6 p.m. for an additional fee.

Fee: \$60



Spring Break Camp

April 5-9

It's never too early to think about the next break from school.... we have you covered for a great Spring Break! Campers will enjoy an entire week of fun, games, field trips, organized activities and even some supervised free time. Sign up early to guarantee your spot.

Location: NSP Community Center

Class #: 3599

Ages: 5-12

Day: Monday-Friday

Time: 9 a.m.-4 p.m. (Extended hours available from 6 a.m.-6 p.m. for an additional fee.)

Fee: \$100



TEEN PROGRAMS

CATCH 21 AT VALLEY RIDGE

The cold weather has come so come inside and check out the Teen Center. The SeaTac Teen Program works with Catch 21 to offer SeaTac teens who attend Tyee or Chinook a great after school option. We've got something for everyone at the Teen Center. Meet with friends, play some Playstation 2, foosball or pingpong, work on homework, or just hang out. We have featured activities such as crafts, cooking projects or competitions. Also, tutoring is available through Neighborhood House. For Chinook and Tyee students only.

Location: Valley Ridge Community Center

<u>Grades</u>	<u>Days</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
7-12	M-Th	Ongoing	2-4:30 p.m.	Free

FRIDAY TEEN NIGHTS AT TYEE

We are offering teen nights several Fridays this winter at Tyee. All Chinook and Tyee students and their families are welcome to join us for food, games, entertainment and much more. Call for more information or drop in the Catch 21 office.

Location: Tyee High School

<u>Grades</u>	<u>Days</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
7-12	F	Feb. 27	7-9 p.m.	Free
7-12	F	Mar. 26	7-9 p.m.	Free

Hip Hop for Teens

Finally... a jazz class for teens! Seen MTV? We bring the hottest moves from LA to you in this action-packed class. Learn the latest in Hip-Hop and LA Funk as well as basic jazz technique, turns and floor work. No experience necessary. Sign up with a friend or meet new friends and have a great time. Gals wear stretch capris or cut-off sweats, leotards or solid t-shirts and socks. Guys wear sweats, t-shirts and socks.

Instructor: Teacher Kim

Location: Community Center, Room 105

PERFORMANCE CLASS

<u>Class #</u>	<u>Ages</u>	<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
3717	11+	T	Jan. 6-Mar. 30*	8-8:45 p.m.	\$86

*No class February 17.

TEEN SWING

Come and learn to dance to both styles of swing...East and West Coast. A Swing Dance Party will be held on March 25 to show off our new steps.

Instructor: Diane Quartarolo

Location: Community Center, Room 105

<u>Class#</u>	<u>Ages</u>	<u>Days</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
3745	13+	Th	Jan. 8-Feb. 5 (5)	7:30-9 p.m.	\$25
3746	13+	Th	Feb. 19-Mar. 18 (5)	7:30-9 p.m.	\$25

S.T.Y.L.E. DJ'S

**Self-esteem,
Teamwork,
Youth development, &
Leadership by way of
Entertainment.**

**Whatever the occasion, we
have the music for you!
Dances, parties, picnics and
more!**

Great Rates!

**Call 206.973.4680
for more information.**

TEEN CALENDAR

Don't miss out on the latest teen events and programs! We're always adding new trips and Friday night events and we don't want you to miss out. Call Brian at 206.973.4680 or email him at btomisser@ci.seatac.wa.us to be added to the mailing list. You can also check out the website at <http://www.ci.seatac.wa.us/park/teenprograms.htm> for updates!

How old are you?

Teen Programs are for students in grades 7-12. Student ID is required for most activities. Call the Teen Program at 206.973.4680 for more information.

Satisfaction

Guaranteed

See our policy on Page 26.

TEEN PROGRAMS

CHINESE MARTIAL ARTS FOR YOUTH & TEENS

Structured, fun, and challenging classes offering traditional Chinese martial arts for beginners and experienced students alike. Yiliquan, "One Principle Fist" is a composite martial art, systematically teaching styles of Shaolin, XingYi, TaiJi, and BaGua in progressive stages as part of class curriculum. Emphasizing self-discipline and standardized progression for each student, practical techniques for self-protection and strategies for peacefully resolving non-physical confrontations, the Primary Principle of Yiliquan is to find and maintain one's center. Extra fees may include uniform costs, and a \$25 annual Yili Association fee for students that intend to progress through levels of certified ranking. Adults interested in this type of instruction should call the community center or drop in to class to talk to an instructor.



Instructors: Dennis Mace, Mark Hachey, & Matt Stone

Location: Community Center, Rm 105

Ages: 7-17

Day: Thursdays

Time: 6:30-7:30 p.m.

Class #	Dates (Classes)	Fee
3691	Jan. 8-29 (4)	\$24
3692	Feb. 5-26 (4)	\$24
3693	Mar. 4-25 (4)	\$24

THE EDGE OF MADDNESS

Every quarter, the Strictly Maddness Teen Program offers a trip that will push your outer limits. It may be kayaking, rockclimbing, backpacking or another wilderness-based activity you've always wanted to try. Looking to take it to the edge? Read on....

SNOW TOURS

Snow Tours returns for another year of snowboarding and skiing at Crystal Mountain. We will take care of the transportation, lift tickets, rentals and lessons. On these four Fridays students can get on board at Valley Ridge Community Center after school and we'll be off to the slopes. In addition to the package, we will do two separate day trips. These trips will depart from the North SeaTac Park Community Center and will be an entire day of fun in the snow.



PACKAGE DETAILS

Grades	Days	Dates	Time	Fee
7-12	F	Jan. 9, 16, 23, Feb. 6	After school-11 p.m.	See below

PACKAGE PRICES

Lift Ticket Only:	\$160
Lift Ticket & Lessons	\$220
Lift Ticket & Rentals	\$235
Lift Ticket, Rentals, & Lessons	\$310

DAY TRIPS

Grades	Days	Dates	Time	Fee
7-12	M	Jan. 26	TBD	\$50 - Lift Ticket
				\$75 - Lift Ticket & Rental
7-12	F	Feb. 13	TBD	\$50 - Lift Ticket
				\$75 - Lift Ticket & Rental

Winter Break ❄️

February 13 & 17

During this shortened break we will hit the slopes and the game room. Friday we will snowboard down Crystal Mountain and on Tuesday we will head to Illusionz for some laser tag, wacky golf, and other games. Details will be available in January. Call Nicole at 206.973.4680 for more information.

See Teen Program photos on pages 12-13.

ADULT FITNESS & SPORTS

FITNESS MAXIMIZER

Take advantage of the maximum fitness program! Sign-up for any adult fitness class and you can add a monthly weight room pass for just \$5 per month.

A KICK IN THE "BOOT CAMP"

This class is a fun and easy way to accomplish your fitness goals. This cross training class is for both men and women, requires minimal coordination and is perfect for the beginner or the advanced exercise enthusiast. Great for sport specific conditioning or general fitness. This class will combine strength and aerobic endurance conditioning. Bring an exercise mat. Minimum of 12, maximum of 30.

Instructor: Teresa Kuzmer

Location: Community Center, Gym

<u>Class #</u>	<u>Ages</u>	<u>Day</u>	<u>Dates (Classes)</u>	<u>Time</u>	<u>Fee</u>
3687	16+	T/Th	Jan. 6-Apr. 1 (26)	5:30-6:30 p.m.	\$72
3688	16+	T/Th	Jan. 6-29 (8)	5:30-6:30 p.m.	\$32
3689	16+	T/Th	Feb. 3-26 (8)	5:30-6:30 p.m.	\$32
3690	16+	T/Th	Mar. 2-Apr. 1 (10)	5:30-6:30 p.m.	\$40

HATHA YOGA

The consistent practice of Hatha Yoga's various disciplines will add clarity, vitality, and focus to your life. The postures (asanas) and deep breathing (pranayams) in yoga help to combat stress, strain and fatigue. Through regular practice you will heighten your concentration, improve blood circulation, strengthen muscles and increase your mental and physical energy. Wear loose fitting clothing. Students are encouraged to bring their own mats. Minimum of 8, maximum of 20 participants.

Instructor: Sandra Gomez

Location: Valley Ridge Community Center

<u>Class #</u>	<u>Ages</u>	<u>Day</u>	<u>Dates (Classes)</u>	<u>Time</u>	<u>Fee</u>
3686	16+	Sa	Jan. 10-Mar. 27 (12)	8:30-10 a.m.	\$51

ADULT BASKETBALL LEAGUE

This recreational league will play on Monday nights with a maximum of 7 teams playing 10 games each. Team may have a maximum of 12 participants on the roster. All players must be at least 18 years of age.

Location: Community Center, Gymnasium

<u>Class #</u>	<u>Ages</u>	<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
3675	18+	M	Starts Jan. 5	6:45 p.m.	\$525

Satisfaction

Guaranteed

See our policy on Page 26.

ADULT DANCE

Let's Dance

A dance class for newcomers, designed to teach basic elements in several major dances. Partner required.

Instructor: Diane Quartarolo

Location: Community Center, Room 105

Ages: 16+

Day: Mondays

Time: 8-9 p.m.



Dances	Class #	Dates (Classes)	Fee
Swing	3699	Jan. 5-26* (3)	\$30/couple
Salsa	3700	Feb. 2-Mar. 1* (4)	\$40/couple
Waltz & 2 Step	3701	Mar. 8-29 (4)	\$40/couple
All above	3698	Jan. 5-Mar. 29* (14)	\$100/couple

*No class January 19 or February 16.

Continuing Partner Dance

This class is for those who have previous ballroom dance experience. It is designed to work with each couple in an open class setting to add to your existing steps. The level of dance doesn't matter as long as you are familiar with the major dances - Waltz, Foxtrot, Swing, Rumba and Cha Cha. Partners are required.

Instructor: Diane Quartarolo

Location: Community Center, Room 105



Class #	Ages	Day	Dates (Classes)	Time	Fee
3695	16+	W	Jan. 7-28 (4)	8-9 p.m.	\$40/couple
3696	16+	W	Feb. 4-25 (4)	8-9 p.m.	\$40/couple
3697	16+	W	Mar. 3-31 (5)	8-9 p.m.	\$50/couple
3694	16+	W	Jan. 7-Mar. 31 (13)	8-9 p.m.	\$120/couple

BELLY DANCE

Try your talent as a femme fatale (or just enjoy some great stretching and fun exercise) while learning history and basic steps of this exotic Middle Eastern dance form. Instructor "Shoshanna" teaches Egyptian, Arabic, and modified US Cabaret styles, including basic zil (finger cymbal) patterns at beginning to intermediate levels. Wear comfortable, cool clothing. Drop in fee for those under 15 years is \$1.25 per visit, with instructors permission. Minimum of 1, maximum of 12 participants.

Instructor: Shoshanna

Location: Community Center, Room 106

Class #	Ages	Day	Dates (Classes)	Time	Fee
3676	15+	W	Jan. 7-28 (4)	6:30-8 p.m.	\$22
3678	15+	W	Feb. 4-25 (4)	6:30-8 p.m.	\$22
3680	15+	W	Mar. 3-31 (5)	6:30-8 p.m.	\$28
3677	15+	F	Jan. 9-30 (4)	4-5:30 p.m.	\$22
3679	15+	F	Feb. 6-27 (4)	4-5:30 p.m.	\$22
3681	15+	F	Mar. 5-Apr. 2 (5)	4-5:30 p.m.	\$28

Line-ercise

Line dance for exercise. We'll do some new dances, some old, done to a variety of music making this class fun and challenging.



Instructor: Diane Quartarolo

Location: Community Center, Rm 105

Ages: 16+

Day: Monday & Wednesday

Time: 7-8 p.m.

Class #	Dates (Classes)	Fee
3703/3704	Jan. 5-28 (7)	\$28/\$21*
3705/3706	Feb. 2-25 (7)	\$28/\$21*
3707/3708	Mar. 3-31 (10)	\$40/\$30*
3702	Jan. 5-Mar. 31 (24)	\$72

*Indicates senior citizen rate.

S.T.Y.L.E. DJ'S

**Self-esteem,
Teamwork,
Youth development, &
Leadership by way of
Entertainment.**

**Whatever the occasion, we
have the music for you!
Dances, parties, picnics and
more!**

Great Rates!

**Call 206.973.4680
for more information.**

ADULT RECREATION / SELF IMPROVEMENT

HOME BUYING & REAL ESTATE INVESTMENT SEMINARS

All advertised items of discussion for class setting may not be fully explored due to time constraints.

ULTIMATE HOME BUYING SEMINAR

Learn the truth about how to buy homes from zero to \$2,900 down. Not just for first time buyers! Investors and move up buyers are welcome too. How to be the first to see new homes on the market before any other buyers. Financing, purchase contracts, negotiation, inspections, appraisals, how to get the agent to work for you instead of the seller, escrow, title, disclosure laws, guaranteed strategies to beat any offer and still get a great deal on the home of your dreams. HUD homes, VA foreclosures, repossessions, distressed properties also covered. Minimum of 7 participants.

Instructor: Michael Hellickson

Location: Community Center, Rm 102

Ages: 18+

Day: Thursday

Fee: \$10

<u>Class #</u>	<u>Dates (Classes)</u>	<u>Time</u>
3682	Jan. 22 (1)	6-9 p.m.

INVESTING IN REAL ESTATE

This class will cover easy, low-stress, high-income rental strategies and buying rentals with a low down payment. What to buy, marketing to tenants, credit and background checks, choosing tenants, rental agreements, and what to charge, preventing tenant damage, protecting your investment, how to create \$100,000 per year or more in retirement income are all covered. Free handouts. Minimum of 7 participants.

Instructor: Michael Hellickson

Location: Community Center, Rm 102

Ages: 18+

Day: Wednesday

Fee: \$10

<u>Class #</u>	<u>Dates (Classes)</u>	<u>Time</u>
3683	Feb. 4 (1)	6-9 p.m.

ENGLISH AS A SECOND LANGUAGE

BEGINNING LEVEL

This class is designed for the beginning learner. Emphasis is on learning and using basic English words and phrases necessary for everyday life. Basic reading and writing are introduced. Maximum of 10 participants.

Instructors: Neighborhood Life Center

Location: NSP Community Center

<u>Class #</u>	<u>Ages</u>	<u>Day</u>	<u>Dates (Classes)</u>	<u>Time</u>	<u>Fee</u>
3684	18+	T & Th	Jan. 6-Feb. 26 (16)	7-8:30 p.m.	\$20

INTERMEDIATE LEVEL

Improve your basic English language skills in reading, writing, listening, and speaking. Emphasis in this class is on expanding reading skills, recognizing and producing the sounds of American English, increasing vocabulary and understanding the basics of English grammatical structure. Maximum of 10 participants.

Instructors: Neighborhood Life Center

Location: NSP Community Center

<u>Class #</u>	<u>Ages</u>	<u>Day</u>	<u>Dates (Classes)</u>	<u>Time</u>	<u>Fee</u>
3685	18+	T & Th	Jan. 6-Feb. 26 (16)	7-8:30 p.m.	\$20

PRIVATE PIANO LESSONS

Kevin Johnson has over a decade of experience teaching. A well-know musician in the Seattle area, he has worked with Seattle Opera, Seattle Symphony and Chorale, Pacific Northwest Chamber Chorus among many other musical organizations.

Individual, 30 minute lessons catered to each student's level. Lessons will emphasize musical theory, physical technique and different styles (classically based, but also including jazz and ethnic music.) Each week, students will be assigned pieces to play and practice at home. All are welcome to sign up, from beginners to advanced, both children and adults. Instruction times are to be arranged with the instructor, generally Wednesday and Thursday afternoons.

Instructor: Kevin Johnson

Location: Community Center, Room 105

<u>Class #</u>	<u>Ages</u>	<u>Day</u>	<u>Dates (Classes)</u>	<u>Time</u>	<u>Fee</u>
3731	6+	TBD	Jan.-Mar. (10)	TBD	\$150

SENIOR PROGRAMS

SENIOR MEAL PROGRAMS

SeaTac Senior Café



Lunch is available each Tuesday through Friday at the Community Center. The SeaTac Senior Program operates its own independent lunch program – thanks to City of SeaTac funding. Soup and assorted salad accompany each meal as well as the entrée, vegetable and dessert. The first course is served at 11:45 a.m., so plan on arriving by 11:30 a.m. Lunch for individuals 55 years of age or older is \$3.25. Punch cards, good for 10 meals, are available for \$32.50. Response has been very positive – so come on down and check us out! If you need a ride to lunch give us a call at 206.973.4680. The SeaTac Senior van is available for lunch pickups (for residents only) whenever we have lunch.

MEALS ON WHEELS

The City of SeaTac delivers Meals on Wheels to eligible persons living in SeaTac who are homebound and 60+ years of age. For more information, call Kathleen Cummings at 206.973.4680.

SEATAC SENIOR VAN

The City of SeaTac Senior van provides transportation to and from the Community Center on Tuesdays – Fridays for lunch. SeaTac residents who are 55 years of age or older and have no other means of transportation are eligible for this service. The Senior van is also used extensively for the trip program and for special events. The van primarily operates with a dedicated crew of volunteer drivers. For more information about the van or volunteering, please call Kathleen at 206.973.4680.

SEATAC SENIOR FLYER

If you would like to receive the bi-monthly newsletter please give us a call at 206.973.4680 to be added to our mailing list.

VOLUNTEER OPPORTUNITIES

The Senior Program offers many volunteer opportunities. Whether you are looking for a permanent position or just to occasionally give a hand, we have something just for you. Current needs include van drivers, instructors and help with the SeaTac Café. Volunteering is a great way to get involved, meet lots of new people and really make a difference. For more information, call Kathleen at 206.973.4680

DROP-IN ACTIVITIES

DROP IN BRIDGE

MONDAYS • 9 A.M.-NOON

WED. NIGHTS • 6:30-9 P.M.

THURSDAYS • 1-3 P.M.

Join this informal group for bridge.

WOODCARVING

WEDNESDAYS • 10 A.M.-NOON

Join us in an open workshop for woodcarvers of all ages. Learn from an experienced carver and develop a real appreciation for this early American art form.

GARDEN GROUP

(Garden group will resume meeting in February.)

June Cappetto Brandner, a commercial grower, landscape designer and florist, teaches this fun gardening class.

CRIBBAGE & COFFEE

FRIDAYS • 9:30 A.M.

Cribbage boards will be ready to go on Friday mornings at 9:30 a.m.

BLOOD PRESSURE SCREENING

The SeaTac Fire Department personnel will be at the Community Center twice a month to provide blood pressure screening. A volunteer also provides the service on Fridays.

Location: Community Center, Lobby

Ages: Open

Days: 1st & 3rd Wed. each month & Every Friday

Time: 11:30 a.m.

Fee: Free

Satisfaction

Guaranteed

See our policy on Page 26.

SENIOR PROGRAMS

COOKBOOKS



Looking for some tried and true recipes? Check out the Senior Program's new cookbook. Books are available for purchase at a cost of \$10 each. Proceeds benefit the Senior building fund. For more information please call 206.973.4680.

BOOK EXCHANGE

The book exchange is up and running. Come on in and browse through the selection. There is something for everyone. Donations can be dropped off at the front desk.

Location: NSP Community Center

INCOME TAX ASSISTANCE

AARP is once again offering free assistance to seniors and low income households in filing income tax returns. To facilitate the process, individuals are asked to make an appointment and bring in last year's return and all 2003 tax statements. AARP advisors are not able to provide assistance with business returns or returns that involve capital gains/losses or transactions. Appointments are available on Fridays from early February through mid April.

SENIOR RIGHTS ASSISTANCE

Questions about Medicare? Looking for options for help with prescription costs? Under 65, planning early retirement and not eligible for Medicare? Looking for long-term care options or concerned about fraud? Health insurance specialist Tom Malmoe, a Senior Rights Assistance volunteer, can help. If you want unbiased information about options for health insurance and related matters, Tom can help. He is available for appointments the 4th Wednesday of every month. Call 206.973.4680 to make an appointment.

Rummage Sale & Plant Exchange

Saturday, April 3 • 9:00 a.m.-4:00 p.m.
North SeaTac Park Community Center

RUMMAGE SALE

It's time to clean out those closets and get into the spring of things! Donations of good, re-usable items will be accepted one week before the rummage sale at the North SeaTac Park Community Center. Looking to sell some items? Table space will be available for \$15. To sign up for table space please call 206.973.4680 and register for Class #3747.

FREE PLANT EXCHANGE

June Cappetto Brandner will host this annual free plant exchange. This long standing south county tradition has a large and devoted following. It is a great way to bring in any extra plants, cuttings, etc. and then trade for some of the plants that others have brought. It is a terrific way to meet fellow garden enthusiasts, add some diversity to your landscaping and get some gardening tips as well. For more information, please call 206.973.4680.

ENERGY ASSISTANCE PROGRAM

Seniors who meet income guidelines can qualify for energy assistance. Operated through the Multi Service Center of South King County, applications can be taken at the Senior Program by appointment. This terrific program will provide financial assistance to help with heating costs. To qualify, an individual's monthly income must be below \$935 and a household of 2 below \$1,263. For more information call 973.4680.

FOOT CARE

Visiting Nurse Services will provide foot care at the Community Center. Please bring your own towel. Appointments are required and can be made by calling 206.973.4680.

Location: Community Center

Fee: \$22

EMERGENCY PREPAREDNESS

The American Red Cross will present this important 1 hour workshop on how to prepare for an emergency. This small investment of your time will help remind you what needs to be done to prepare for an emergency.

Class #	Ages	Day	Date	Time	Fee
3749	Open	W	Jan. 7	12:45 p.m.	Free

SENIOR PROGRAMS

WRITING MEMOIRS

This class inspires and supports you as you discover the wealth of material you have in your own lives and memories. Learn to capture the rich detail in the everyday as well as the extraordinary. This supportive workshop will also provide 'mini lessons' to help with writing skills. Class fee is due the first day of class.

Instructor: Joan Tornow Ph.D.

Location: Community Center, Room 103

<u>Class #</u>	<u>Ages</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
3724	55+	T	Jan. 13-Mar. 16	9:45-11:45 a.m.	\$60

SENIORS WORKING OUT

Get a great morning workout with this exercise class led by Eileen Bromwell. The specially designed exercises for seniors include stretching, reaching, strengthening and coordination. By repetition, you gain strength and an aerobic workout. Special consideration is given to those with health problems. Eileen is a strong believer in exercise and knows how it improves the quality of life.

Instructor: Eileen Bromwell

Location: Community Center, Gym

<u>Class #</u>	<u>Ages</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
3725	55+	M/W	Jan. 5-Mar. 15	8:30 a.m.	\$40
3726	55+	M/W	Mar. 22-June 16	8:30 a.m.	\$40

GARDEN GROUP

Whether you have a green thumb or you are all thumbs this group is for you! June Cappetto Brandner, a commercial grower, landscape designer and florist, will be teaching garden classes. There is no charge for these drop in sessions. There will be refreshments and door prizes. Bring all your gardening, landscape and houseplant questions and problems to class.

Instructor: Cappetto Brandner

Location: Community Center

<u>Ages</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
All	W	Resume in February	1-2 p.m.	Free

DEFENSIVE DRIVING



AARP presents this two-session class room workshop aimed at teaching self-defensive driving techniques. Many insurance companies provide lower insurance rates for individuals who have completed the course. **Payment is made the first day of class to AARP.** The class breaks for lunch – so let us know if you would like to have lunch at the SeaTac Senior Café, or you can bring your own lunch.

Location: Community Center, Rm 106

Ages: 55+

Days: Tuesday & Thursday

Time: 9 a.m.-2 p.m.

<u>Class #</u>	<u>Date (Classes)</u>	<u>Fee</u>
3721	Jan. 13 & 15 (2) ¹	\$10 ²
3722	Feb. 24 & 26 (2) ¹	\$10 ²
3723	Mar. 16 & 18 (2) ¹	\$10 ²

¹ You must attend class on both Tuesday and Thursday session.

² Payable to AARP on the first day of class.

SENIOR TRIPS

TRIP INTEREST GROUPS

In an effort to better respond to last minute trip opportunities, the Senior Program has set up several interest categories for trips. For instance, if you enjoy theater, you could sign up for the theater interest group. If we get notice of a production that does not make our publications, the participants in the interest group will receive a mailing. Registration for these interests is open and ongoing.

Theater: Class # 3582
Casino: Class # 3583
Sports: Class # 3584
Walks: Class # 3585
Shopping: Class # 3586*

**Shopping Assistance: We are looking at offering shopping trips for individuals who have difficulties getting to the grocery store. We anticipate the service to operate at least twice a month. Time and start up date to be determined.*

TRIP REGISTRATION POLICY

- Registration for SeaTac Senior residents opens one day prior to general registration.
- Early registration will be available on Tuesday, Dec. 16 starting at 9:30 a.m.
- Early registration can be done in person or over the phone. Individuals will be placed on a sign-in list and registered based on their placement on the list. Individuals who phone will be called back when it is their turn to register.
- Sign up is available 30 minutes before registration opens.
- Full payment is required upon trip enrollment.
- Individuals may only register for themselves or household members.
- Registration for non-residents opens on Wednesday, December 17.
- Individuals with health concerns, mobility impairments, no credit cards, or who are out of town during registration time, may call Kathleen at 206.973.4680.
- Trip times subject to change. Individuals will be notified of any changes when reminder calls are made.

IMAX THEATRE LEWIS AND CLARK GREAT JOURNEY WEST

Experience the quintessential American story of exploration and the Old West led by Meriwether Lewis and William Clark. Follow their adventure as they forge through uncharted territories looking to discover a water passageway to the Pacific Ocean. After the film we will have lunch at Seattle Center. Fee includes transportation and admission.

<u>Class #</u>	<u>Ages</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
3661	55+	M	Jan. 5	9:45 a.m.	\$15

LUCKY EAGLE CASINO

The Lucky Eagle Casino offers something for everyone. There is a wide variety of slot machines, as well as all your favorite Vegas style table games. Fee includes transportation and a coupon for a discounted lunch.

<u>Class #</u>	<u>Ages</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
3662	55+	T	Jan. 13	8:15 a.m.	\$5

PRIVATE EYE TOUR

MURDER & MYSTERY TOUR OF CAPITAL HILL

Join us for a very interesting tour of Capital Hill. Jake, our tour guide will give us insight into a wide variety of murders and mysteries that have happened over the years on Capital Hill. Fee includes transportation and admission. Lunch will be on your own on South Lake Union.

<u>Class #</u>	<u>Ages</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
3663	55+	M	Jan. 26	9:30 a.m.	\$20
3664	55+	M	Feb. 2	9:30 a.m.	\$20

SENIOR TRIPS

NORTHWEST FLOWER AND GARDEN SHOW

Now North America's third largest spring flower show, the Northwest Flower & Garden Show jump-starts the spring gardening season. Visitors enjoy 8 acres of fragrance, color, blossoms, and gardening inspiration. Each year, nearly 30 nurseries, landscape designers, and horticultural groups design and miraculously bring to life flower dazzling display gardens and major exhibits.

<u>Class #</u>	<u>Ages</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
3665	55+	Th	Feb. 5	9:30 a.m.	\$20

WORLD CAVALCADE PRESENTS: THE SOUL OF INDIA

Somewhere in time lies a country held captive between the centuries. Old and new ideas blend in a kaleidoscope of colorful peoples and landscape. India defies every attempt at definition. Learn about all of India's religions. Discover the encyclopedia of experience that is India and you'll uncover the most colorful and fascinating country on earth. We will stop for lunch at Bellevue Square prior to the film. Fee includes transportation and admission.

<u>Class #</u>	<u>Ages</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
3666	55+	M	Feb. 9	11 a.m.	\$15

MYSTERY TRIP

Where are we going? The possibilities are endless. Fee includes transportation.

<u>Class #</u>	<u>Ages</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
3668	55+	M	Mar. 1	TBA	\$5

SEATTLE SUPERSONICS VS. MINNESOTA TIMBERWOLVES

Join us as we head to Key Arena to watch Ray Allen and the Sonics take on Kevin Garnett and the Minnesota Timberwolves. Tickets are located in the 100 level and are regularly priced at \$46 dollars. Pick up is available for SeaTac residents. Fee includes transportation and admission.

<u>Class #</u>	<u>Ages</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
3669	55+	T	Mar. 9	5:45 p.m.	\$38

MUCKLESHOOT CASINO

All the fun of a tropical vacation awaits you at the Muckleshoot Casino in Auburn. The Muckleshoot Casino is your ticket to paradise! You no longer have to go to Vegas or Reno to play all your favorite games. There are 2,000 machines, over 65 tables, Keno and a huge Poker room. Play pennies, nickels, dimes, quarters, halves and dollars. Fee includes transportation.

<u>Class #</u>	<u>Ages</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
3670	55+	M	Mar. 15	9:30 a.m.	\$5

BEGORRA, IT'S BY RAIL FOR ST. PATTY'S LUNCH!

Hop on the train for a two-hour ride to Centralia as we hunt for those elusive leprechauns, a great lunch and some bargains! We'll definitely find a traditional and delicious corned beef & cabbage lunch at the renowned Mary McCranks – complete with red potatoes and dessert, of course. Centralia is an antique enthusiast's dream, with 375 antique dealers in about a dozen malls. You'll discover fine china, quality furniture and hard to find collectibles. Or, if you prefer newer finds, browse through some of Centralia's more than 50 brand name Factory Outlet Stores. We'll motorcoach home with a treasure or two, if not a pot of gold! Fee includes train, motorcoach and lunch. This trip is offered through Bonnie Tours.

Ages: 55+

Day: Thursday

<u>Class #</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
3671	Mar. 18	TBA	\$68

WASHINGTON STATE HISTORY MUSEUM

The Washington State History Museum is where fascination and fun come together! People of all ages can explore and be entertained in an environment where characters from Washington's past speak about their lives. Through interactive exhibits, theatrical storytelling, high-tech displays and dramatic artifacts, learn about our state's unique people and places, as well as their impact on the country and the world. Fee includes transportation and admission.

Ages: 55+

Day: Monday

<u>Class #</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
3672	Mar. 29	9:30 a.m.	\$10

SENIOR TRIPS

WALKIN' AND TALKIN'

Join us for some fresh air and exercise. We'll explore some of the Northwest's scenic parks by foot. Please wear comfortable walking shoes.

Ages: 55+

FARREL-MCWHIRTER PARK

Class #	Day	Date	Time	Fee
3673	M	Feb. 23	10 a.m.	\$4

MAGNUSON PARK

Class #	Day	Date	Time	Fee
3674	M	Mar. 22	10 a.m.	\$4

CULTURAL CORNER

I DO! I DO!

This Civic Light Opera Production features the story of one couple's 50 years of married life. We see the couple go through wedding jitters, raise a family, negotiate mid life crisis, quarrel, separate, reconcile and grow old together. The show has a delightful score and is an intimate and charming production. Fee includes transportation and admission.

Class #	Ages	Day	Date	Time	Fee
3718	55+	Su	Feb. 22	1:30 p.m.	\$23

OKLAHOMA!

This Broadway in Seattle Production at the Paramount is sure to be a winner. Featuring the incomparable music of Rodgers and Hammerstein, the show will have the sets, costumes and lighting design that was created for the recent Broadway revival. *Oklahoma!* originally opened on Broadway in 1943 and is credited with changing the American musical with stunning dance sequences and rousing songs such as 'Oh, what a beautiful mornin', 'People will say we're in love,' and 'The Surrey with the fringe on top.' Fee includes transportation and admission.

Class #	Ages	Day	Date	Time	Fee
3719	55+	Sa	Mar. 6	1 p.m.	\$55*

**Price of the ticket was not firm at printing, but is expected to be approximately \$55.*

MAN OF LA MANCHA

Dream the impossible dream as we enjoy the Village Theatre's production of this ageless Cervantes' classic. The theatre describes this as "an impassioned tale of knight errant Don Quixote, faithful Sancho Panza and Aldonza that features the beauties, delights and sorrows borne by a man who sees the world as he would have it be, not as it is. The soaring melodies will lift your heart as the bittersweet story will touch your soul." Fee includes transportation and admission.

Class #	Ages	Day	Date	Time	Fee
3720	55+	Su	Apr. 4	1 p.m.	\$35

REGISTRATION INFORMATION

FOUR WAYS TO REGISTER

MAIL

Send completed form with check or credit card information to:

North SeaTac Park Community Center
13735 24th Ave. S.
SeaTac, WA 98168

FAX

Fax-in registrations will be accepted with credit card payment only. Fax completed and signed registration form with credit card information.

Fax: 206.973.4699

PHONE

Telephone registrations will be accepted with **credit card payment only**. Phone lines are limited; your patience is appreciated.

Phone: 206.973.4680

WALK IN

Walk in registrations are taken Monday-Thursday, 8 a.m.-9 p.m.; Fridays from 8 a.m.-6 p.m.

North SeaTac Park Community Center
13735 24th Avenue South
SeaTac, WA 98168

Satisfaction

Guaranteed

At the City of SeaTac Parks and Recreation Department, we are committed to providing the public with high quality recreation programs. Our residents and patrons are important to us and we feel they deserve quality at all times. We are so confident that our recreation classes are high quality that we are backing them with a Satisfaction Guaranteed Policy. Our promise is that you will be satisfied with the quality of our recreation classes in which you participate. If you are not satisfied you can repeat that class at no charge, receive full credit that can be applied to any recreation class or receive a full refund. Policy DOES NOT apply to excursions, adult sport leagues, preschool, camps and special events.

REGISTRATION

- Registration will be on a first come, first served basis. Please register early before classes are filled. **CLASSES WITH INSUFFICIENT NUMBER OF REGISTRANTS WILL BE CANCELLED.** Decisions to cancel classes will be made one (1) week prior to the start of class.
- Beginning Wednesday, December 17, registration will be accepted during business hours, Monday-Thursday between 8 a.m. and 9 p.m. and Friday between 8 a.m. and 6 p.m. Please register at least one week prior to the first day of class.
- Mail-in registrants are advised to call to confirm that your registration has been received. Your cancelled check is your receipt. If the class has been filled prior to receiving your registration form, we will call you. Be sure to provide a daytime phone number on the registration form.
- Payment must be made at the time of registration. Make checks payable to "SeaTac Parks and Recreation." MasterCard and Visa are accepted.
- Participants under 16 years of age must have parental consent.

REFUNDS

- You will receive a 100% refund if insufficient enrollment forces the cancellation of a class. Allow 3 weeks for processing of refunds.
- Classes cancelled due to inclement weather, or instructor cancellation will result in a credit to your family account.
- Refunds will not be issued from a credit.
- Refunds for medical reasons will be pro-rated, if written verification from medical personnel is provided.

CANCELLATIONS

- In case of bad weather in which games or activities may be cancelled, participants or team representatives may call Parks and Recreation at 206.973.4680. Weather dependent cancellation decisions are made 2-3 hours prior to activity.
- Cancellation decisions for specific programs are made 1 week prior to the start of the first class. Cancellations by registrants beyond this date will not be accepted.
- Cancellation of specific programs may be necessary due to insufficient enrollment. The staff reserves the right to consolidate, postpone, reschedule or cancel any program due to lack of enrollment.

NON-DISCRIMINATION POLICY

- The City of SeaTac does not discriminate on the basis of race, sex, color, religion, national origin, age, disability, or veteran status in the provision of services, in programs or activities, or employment opportunities and benefits. Inquiries concerning the Americans With Disabilities Act of 1990, and requests for reasonable accommodation should be directed to City Hall 206.973.4800/TDD:973.4808. Mail in inquiries should be directed to:

City of SeaTac
Human Resources Department
4800 S. 188th St.
SeaTac, WA 98188

PROGRAM REGISTRATION FORM

CUSTOMER INFORMATION

ADULT NAME	LAST		FIRST	
	ADDRESS			
	CITY		STATE	ZIP CODE
PHONE #'s	HOME		WORK	EMERGENCY

CLASS & PARTICIPANT INFORMATION

Participant Name		Birthdate	Gender	Class #	Activity Name	Fee
Last	First					

PAYMENT METHOD

☐ Check # _____ (Make checks payable to *City of SeaTac*)
 ☐ Cash
 ☐ Credit Card
 ☐ MasterCard
 ☐ Visa

Signature _____
 Expiration Date _____

RELEASE AND WAIVER OF LIABILITY

Signature _____
(Parent or Guardian, if participant under age 16)

By signing the above, I hereby waive and release any and all rights and claims that may be had or might arise against the City of SeaTac Parks and Recreation Department, rental agencies, agents or representatives for any and all losses suffered while competing in or in connection with the programs sponsored or co-sponsored by SeaTac Parks and Recreation. The City of SeaTac is not responsible for any personal articles lost or stolen. I also allow photographs taken during Parks and Recreation activities to be used in the promotion of future City programs.

WE'D LIKE TO HEAR YOUR IDEAS!

The SeaTac Parks & Recreation Department is always looking for ideas to add new classes or improve the existing ones. Please let us know if you have any ideas you would like to share.

Thank you for your comments!